



Orange Creamsicle

Cool off with this nostalgic treat



Ingredients

- 1/2** cup coconut oil
- 1/2** cup heavy whipping cream
- 4** ounces of cream cheese
- 1** tsp orange vanilla mio or flavor of choice
- 11** drops of liquid stevia *more or less to taste*

Instructions

- 1.** In a large bowl, combine all the ingredients using an electric or stand-up mixer. Mix for several seconds, then taste and adjust flavoring and sweetener to taste.
- 2.** Continue mixing until the mixture has thickened and doubled in size.
- 3.** Fill popsicle mold with mixture. Tap the molds on the counter periodically to remove any air bubbles. Place the lids and/or sticks onto the molds and freeze until solid (at least 4-5 hours).

Prep Time

10 min

Total Time

250 min

Yield

10 servings

Nutrition Info Per Serving

Serving Size

1 popsicle

Carbohydrates

1 gram

Protein

1 gram

Fat

19 grams

Calories

178



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